

Brought to you by PA-SWAT
Center for Health and Well-Being
Alcohol, Tobacco and Other Drugs Program
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What ignites your fire?

Typically, tobacco users can identify the occasions when they are most likely to smoke —after meals or at parties for instance. Below are several examples of common tobacco triggers. Circle those that affect you and identify the three most frequent triggers by placing a star beside them.

Emotions

Angry
Bored
Happy
Lonely
Sad
Frustrated
Pressured
Apprehensive

Places or Events

Parties
In the car
In your room
Bus stop
In restaurants
At outdoor sporting events
Concerts
In the presence of other smokers
Leaving a non-smoking place

Habits

After meals
With coffee or cola
Talking on the phone
Watching TV
With a favorite beverage
Waking up
Free time
Playing video games
After sex

2

Think you wanna flick your bic?

Look at your three starred triggers. What can you do to prevent yourself from giving in to them and lighting that next cigarette or taking that next dip? For instance, if you frequently smoke or dip after meals you can choose to sit in the non-smoking section of the restaurant, or plan to distract yourself by leaving the table immediately and going for a walk.

Try to come up with at least two ways that you can avoid each of your three major triggers.

1.

2.

3.



3

Stop, Drop, and Roll

Despite all the planning and your best efforts, there's a change you might pick up another cigarette and light it, or put in another chew. Does this mean you've failed and have forever returned to using tobacco? NO! But you may need to do some reevaluating.

Where did you get the cigarettes?

This is not a good time to be hanging out with friends that are all too willing to let your bum a smoke or chew. Tell your friends about your desire to stop using tobacco and encourage them not to share their tobacco products. You may be surprised by how supportive they are.

Did you buy them? Here are a few helpful hints to avoid the next purchase.



1. Try shopping in stores that don't have tobacco products within arm's reach. In Indiana, Martins keeps these items locked up away from the checkout counter.
2. Pay for your gas at the pump. Convenience stores are full of temptation. Just don't bother going inside.

...and by the way, don't think you need to *smoke* the whole pack or chew the whole can or pouch just because you *bought* one. Once you realize you slipped, dust yourself off, throw away the tobacco products and look at it as a learning experience.

Did you fail to identify an important trigger...

...and find yourself unprepared to meet the challenges you faced?

Try to identify a few more of your significant triggers and plan your "escape".

4.

5.

6.

Are the coals still smoldering? 4

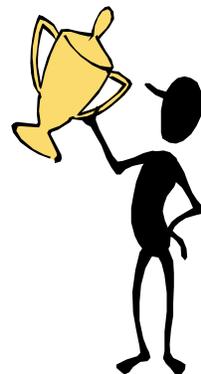
Making the choice to stop using tobacco is not easy. Neither is staying tobacco free. These healthy choices can be accompanied by a lot of negative feelings, unmet cravings, and self-doubt. These are the smoldering coals that could reignite the desire to smoke another cigarette or begin to chew again.

What do you think some of your negative thoughts and feelings might be? If you've tried to quit before, you may know them well. List them below and think of the ways you have managed those same feelings in other situations. How will you cope this time?

5 The fire is out!!

After you successfully manage a potentially triggering situation, you deserve congratulations for a job well done.

How will you reward yourself for not lighting up or putting in a chew?



Share your firefighting story. 6

After two weeks of a tobacco-free life, you have conquered your biggest obstacles. The nicotine addiction is past and you've made a lot of headway toward changing your actions — the behavioral addiction.

Call yourself a former tobacco user, you've earned the title. And tell other people that it's possible. You can save a life by helping someone to become a former tobacco user too.

Take a few minutes to share your thoughts about being an ex-tobacco user.

